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## WHAT IS CLAIMED IS:

- A substance for preventing, delaying the onset of or treating one or more than one autoimmune disease, the substance comprising a polynucleotide construct comprising a polynucleotide sequence encoding the pro-apoptotic protein BAX and encoding one or more than one autoantigen for the autoimmune disease.
- 2. Use of a polynucleotide construct comprising a polynucleotide sequence encoding the pro-apoptotic protein BAX and encoding one or more than one autoantigen for an autoimmune disease for the manufacture of a medicament for preventing, delaying the onset of or treating the one or more than one autoimmune disease.
- 3. Use of a polynucleotide construct comprising a polynucleotide sequence encoding the adenoviral protein E3-GP19k for the manufacture of a medicament for preventing, delaying the onset of or treating one or more than one autoimmune disease.
  - 4. Use of a polynucleotide construct comprising a polynucleotide sequence encoding ΔBCL-2 for the manufacture of a medicament for preventing, delaying the onset of or treating one or more than one autoimmune disease.
  - 5. Use according to any one of claims 2 to 4, where the medicament is manufactured in dosage units of between about 0.5 mg to about 5 mg.
  - 6. Use according to any one of claims 2 to 4, where the medicament is manufactured in dosage units of between about 1 mg to about 4 mg.
  - 7. Use according to any one of claims 2 to 4, where the medicament is manufactured in dosage units of between about 2.5 mg to about 3 mg.
  - 8. Use according to any one of claims 2 to 4, where the medicament is manufactured in a form suitable for intramuscular administration.
- 9. Use according to any one of claims 2 to 4, where the medicament is manufactured in a form suitable for intravenous administration.
- 10. A method for preventing, delaying the onset of or treating an autoimmune disease in a patient comprising:
- a) selecting a patient who is susceptible to developing the autoimmune disease, who is developing the autoimmune disease or who has the autoimmune disease; and
- b) administering to the patient one or more than one dose of a polynucleotide construct comprising a polynucleotide sequence encoding the pro-apoptotic protein BAX and encoding one or more than one autoantigen for the autoimmune disease.

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- 11. The method of claim 10, where the autoimmune disease is type I diabetes.
- 12. The method of claim 11, where selecting the patient comprises identifying in the patient the presence of anti-insulin or anti-GAD autoantibodies or both anti-insulin and anti-GAD autoantibodies.
- 13. The method of claim 11, where selecting the patient comprises identifying in the patient the presence of increasing hyperglycemia.
- 14. The method of claim 11, where selecting the patient comprises identifying in the patient the presence of glycosuria.
- 15. The method of claim 10, where selecting the patient comprises identifying in the patient the presence of a genetic predisposition to the autoimmune disease.
- 16. The method of claim 10, where the one or more than one dose is a plurality of doses.
- 17. The method of claim 10, where administering to the patient one or more than one dose comprises injecting the patient intramuscularly with the one or more than one dose.
- 18. The method of claim 10, further comprising, after administering, monitoring the patient for the development the autoimmune disease.
- 19. A method for preventing, delaying the onset of or treating an autoimmune disease in a patient comprising:
- a) selecting a patient who is susceptible to developing the autoimmune disease, who is developing the autoimmune disease or who has the autoimmune disease; and
- b) administering to the patient one or more than one dose of a polynucleotide construct comprising a polynucleotide sequence encoding the adenoviral protein E3-GP19k.
  - 20. The method of claim 19, where the autoimmune disease is type I diabetes.
- 21. The method of claim 20, where selecting the patient comprises identifying in the patient the presence of anti-insulin or anti-GAD autoantibodies or both anti-insulin and anti-GAD autoantibodies.
- 22. The method of claim 20, where selecting the patient comprises identifying in the patient the presence of increasing hyperglycemia.
- 23. The method of claim 20, where selecting the patient comprises identifying in the patient the presence of glycosuria.
  - 24. The method of claim 19, where selecting the patient comprises identifying in the patient the presence of a genetic predisposition to the autoimmune disease.

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- 25. The method of claim 19, where the one or more than one dose is a plurality of doses.
- 26. The method of claim 19, where administering to the patient one or more than one dose comprises injecting the patient intramuscularly with the one or more than one dose.
- 27. The method of claim 19, further comprising, after administering, monitoring the patient for the development the autoimmune disease.
- 28. A method for preventing, delaying the onset of or treating an autoimmune disease in a patient comprising:
- a) selecting a patient who is susceptible to developing the autoimmune disease, who is developing the autoimmune disease or who has the autoimmune disease; and
- b) administering to the patient one or more than one dose of a polynucleotide construct comprising a polynucleotide sequence encoding  $\Delta BCL-2$ .
  - 29. The method of claim 28, where the autoimmune disease is type I diabetes.
- 30. The method of claim 29, where selecting the patient comprises identifying in the patient the presence of anti-insulin or anti-GAD autoantibodies or both anti-insulin and anti-GAD autoantibodies.
- 31. The method of claim 29, where selecting the patient comprises identifying in the patient the presence of increasing hyperglycemia.
- 32. The method of claim 29, where selecting the patient comprises identifying in the patient the presence of glycosuria.
- 33. The method of claim 28, where selecting the patient comprises identifying in the patient the presence of a genetic predisposition to the autoimmune disease.
- 34. The method of claim 28, where the one or more than one dose is a plurality of doses.
- 35. The method of claim 28, where administering to the patient one or more than one dose comprises injecting the patient intramuscularly with the one or more than one dose.
- 36. The method of claim 28, further comprising, after administering, monitoring the patient for the development the autoimmune disease.
- 37. A method for preventing, delaying the onset of or treating an autoimmune disease in a patient comprising:
- a) selecting a patient who is susceptible to developing the autoimmune disease, who is developing the autoimmune disease or who has the autoimmune disease; and

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- b) administering to the patient one or more than one dose of a polynucleotide construct comprising a polynucleotide sequence encoding the pro-apoptotic protein BAX and encoding one or more than one autoantigen for the autoimmune disease, or a polynucleotide construct comprising a polynucleotide sequence encoding the adenoviral protein E3-GP19k, or a polynucleotide construct comprising a polynucleotide sequence encoding ΔBCL-2, or a combination of the preceding polynucleotide constructs.
  - 38. The method of claim 37, where the autoimmune disease is type I diabetes.
- 39. The method of claim 38, where selecting the patient comprises identifying in the patient the presence of anti-insulin or anti-GAD autoantibodies or both anti-insulin and anti-GAD autoantibodies.
- 40. The method of claim 38, where selecting the patient comprises identifying in the patient the presence of increasing hyperglycemia.
- 41. The method of claim 38, where selecting the patient comprises identifying in the patient the presence of glycosuria.
- 42. The method of claim 37, where selecting the patient comprises identifying in the patient the presence of a genetic predisposition to the autoimmune disease.
- 43. The method of claim 37, where the one or more than one dose is a plurality of doses.
- 44. The method of claim 37, where administering to the patient one or more than one dose comprises injecting the patient intramuscularly with the one or more than one dose.
- 45. The method of claim 37, further comprising, after administering, monitoring the patient for the development the autoimmune disease.